

# STRENGTH AESTHETICS HEALTH

# HYPERTROPHY PROGRAM

4 WEEKS | 12 WEEKS | 6 MONTHS | 1 YEAR

## PROGRAM INCLUDES

- **Body Composition Analysis** (Fat%, Muscle%, Body Age, BMI, Resting Metabolism, Muscle Girth Measurements)
- **Full body strength assessment: Tech**
- Exercise Movement Coaching
- Complete **Resistance Training Programmed towards Hypertrophy**
- Complete **Nutrition Guide**
- Recovery & injury prevention Strategies

## FOR:

- Management of Weight for Underweight Individuals (Muscle Gain)
- Building an Aesthetic Physique
- Building appropriate nutritional habits
- Building appropriate lifestyle habits

